Health and Beauty

Allergies

The word alergy is compartively a new - comer to medical nomenclature, though its effects have tormented the human race since the dawn of history.

Only 10 or 15 per cent of mankind suffer from allergies, or idiosyncracies, to certain foods. These people are made sick by eating, or coming into contact with articles of food that are wholesome and necessary to the vast majority of human beings.

Some people inherit their allergies, according to the mendelian laws of inherritance. The whole subject is wrapped in mystery. The medical profession has never succeeded in fully clarifying it. Why some folks are sensitive to one kind of food and not to another, no one knows.

Even nursing babies are sometimes made sick, if their mother eats a food to which they are sensitive. Just as soon as the mother finds out what she has eaten, that disagreed with the baby, and leaves it strictly alone, the child recovers and has no more attacks unless the mother again yields to her baby's undoing.

There are many different symptoms of alergy manifested by the sufferers.

Many baffling diseases, particularly in infants, such as eczema, asthma, stomach and bowel disorders, are due to milk or some other articles of food. It if often extremely difficult to determine the course of certain alarming symptoms, or sudden, of even chronic illness.

A very unusual case of allergy was reported by a physician about as follows: The patient was around fifty years of age. He gave a history of asthma of many years standing. He described terrific attacks which he attributed to heart failure. The seizures started suddenly with a feeling of tightness in his chest. He itched intensely all over and became very weak, followed by complete loss of consciousness, which continued from fifteen to twenty minutes, after which he gradually returned to his usual state of health. This man described several attacks which came on after licking postage stamps.

On one occasion, he had a violent attack on putting on a pair of shoes that had just been repaired by a cobbler. Fish made him extremely ill, so he avoided eating them. Fish glue had been used in repairing the shoes. He was tested and found to be very sensitive to fish and all fish products, even to the glue on stamps.

This patient was advised to avoid any contact whatever with fish or anything pertaining to fish. He promtly recovered and had no more attacks as soon as he completely avoided fish and fish products.

It is often extremely difficult to find out what the offending substance is. Emotions to skin tests sometimes solve the problem, but not always. The sufferer can often find out for himself by close observation. For example, if he has certain adverse symptoms after eating a special food, he can test it out by leaving it out of his diet for a while.

Boxelder Bugs Begin Annual Migration

Boxelder bugs have started their annual migration into homes and buildings in Virginia, and homeowners are beginning their usual annual queries about how to get rid of them.

Arthur P. Morris, associate entomologist at VPI, says the boxelder bugs will do no harm in the house but no one particulary wants them around. The easiest way to control them is to locate them outside where they gather on the sides of trees, walls, porches, etc. When they are found in one of these large clusters they can be killed readily, by a spray of kerosene or fuel oil, where plant injury is of no concern. Burning with a torch can be done in some places. Very strong detergent solutions will kill many of them.

Perhaps the best method of control is to spray infested trees with one pound of actual chlordane in 100 gallons of water when the bumphs appear in large numbers, usually in middle or late summer.

The water spray also is advisable on adults if there are plants in the area.

When the bugs enter houses they can be picked up with a vacuum cleaner, or simply swept up and disposed of. Caulking of cracks through which they enter is advised. Household sprays are usually effective, but may be slow.

The adults are flat-backed, narrow bugs, greyish black with three red stripe on the thorax and wings. This is the stage in which most of them are now.

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IF YOU WISH TO BECOME A NEWSDEALER SEE US.

Hixburg

Hixburg, Oct. 20.- Mr. Joel W. Coleman, our oldest citizen, celebrated his 96th birthday on Sunday with a picnic dinner on the lawn of Mac Coleman, a son, with whom he lives.

The real birthday date is Oct. 20, but in order to have a family reunion, the celebration took place on Oct. 18.

All of his children were present, except one daughter, Mrs. Gladys Wilkerson, of Richmond.

His grandchildren and other kin attended the party.

Although Mr. Coleman has trouble getting around, he moves along with the aid of a crutch and cane.

When the weather permits, he sits on his front porch much of the time. His mind is as clear as a bell. He is cheerful and likes for friends to drop in for a chat.

His chief pleasures are reading a daily and county paper, and listening to the news and "Amos and Andy" on T. V.

Now that he can't get to the polls, he votes by mail.

When asked what he attributed his long life to, he replied, "I've always lived a moderate life. I never drank nor kept late hours."

On Thursday, as usual, when the Pamplin Home Demonstration Club met in the home of Mrs. Jim Carson, there was a good turn-out. Nineteen were present. That included one visitor, Mrs . Nellie Schweizer, of Appomattox.

Mrs. Rob Martin was chosen as chairman of a committee to prepare a slate of officers to be elected at the next meeting.

Members had been asked to bring Christmas gift suggestions, which would aid others in selections. More than 100 articles were piled on a table and the floor. There was a wide variety, from Mrs. Boyd Ford's lipstick case with a mirror attached, to Mrs. W .M. Black's double-bed size afghan.

Mrs. Bernard Anderson, county home agent, declared she had never seen such a display.

A dessert plate and coffee were served by the hostess. The next meeting will be held in the home of Mrs. Frank Irving.

On Fridsy evening, a house warming was given Walter and Nancy Carson by members of Walker's Presbyterian church, and friends.

They received beautiful and useful gifts.

The ladies were impressed with the building which was designed for comfort and labor-saving. The low ceilings and insulation from top to bottom make it economical to heat in the winter, and cool in the summer.

Lt. and Mrs. George Glass, of Dover, Delaware, announce the birth of a daughter, Mary Catherine, on Monday, Oct. 12.

The grandparents are Mr. and Mrs. Edwin Fore. Mrs. Fore left on Saturday to stay with her daughter.

Mr. and Mrs. [illegible] (nee Nannie Bra[illegible]) City, Mo., are visiting brother, Mr. Clarence Brown has been [illegible] foot injury for sev[illegible]

Mr. Dan Woodson [illegible] Virginia Baptist Hos[illegible] ment on Thursday.

Invitations have been [illegible] from Mr. and Mrs. [illegible] the wedding of their [illegible] nie Belle, to Sgt. [illegible] Jr., on October 31, [illegible] Court House. Prem[illegible] at four o'clock in the [illegible]

Chronic Diarrhea Co[illegible] Into Dairy Foods

A healthy herd is [illegible] fickest, profitable [illegible]

Yet, despite gre[illegible] have been made in [illegible] methods, disease [illegible] down on profits, [illegible] specialists.

The most insidi[illegible] those that cause [illegible] es — are the chron[illegible] in unnoticed and [illegible] the herd's milk [illegible] ciently.

The largest sing[illegible] rease is caused by [illegible] the VPI experts. [illegible] easily recognized by [illegible] form of this disea[illegible] different organisms [illegible] recognized, a herd [illegible] pected to be infected [illegible] or any other dise[illegible] treated promptly in [illegible] But good herd ma[illegible] constant attention to [illegible] thods are keys to a [illegible] vention plan. Satisfac[illegible] for preventing and [illegible] senses. County agen[illegible] as well as VPI perso[illegible] dairy farmers co[illegible] sease by advising the [illegible] sanitation practices.

Play safe — drive [illegible]

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Pineapple Grapefruit Drink 4 Large Cans [illegible]

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Mrs. Filbert MAYONNAISE 29c PT.	Hunts PEACHES (Sliced) 3 no. 2½ cans [illegible]
Bunker Hill BEEF & BEEF STOCK 303 Can 56c	Camay SOAP Bath Size 2 bars [illegible]
Luters PURE LARD 6 LBS. 89c	Strietmann WEDDING COOKIES 1 lb. 49c
Quaker OATS large size 39c	Nabisco BUTTER COOKIES 8 oz. [illegible]
Q Q SALMON large can .57	Blue Plate STRAWBERRY PERS. 2 lb. [illegible] jar [illegible]
Tide WASHING POWDER Reg. Size .30 box	

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[illegible]ty Line

[illegible] Oct. 20.- These cool [illegible] is that frost is [illegible] the corner.

[illegible] Nash of Williams[illegible] visiting in the home [illegible] Mrs. Henry Mann.

[illegible] Mr. Mike Johnson and [illegible] were in Lynchburg Fri[illegible]

[illegible] Mrs. Leo Love visited [illegible] Love Sunday.

[illegible] Coggin, of Pamplin, [illegible] week with her sister, [illegible] Mayberry.

[illegible] Berkley Mayberry [illegible] Mrs. Jay Clapp on [illegible]

[illegible] Mrs. Carter, of Rich[illegible] Mr. Otey Jones Sun[illegible]

[illegible] Mr. Emery Mullin visit[illegible] Walker Grisham in Memor[illegible] Sunday.

[illegible] Mrs. J. R. Jones and [illegible] Sunday with the Rev. [illegible] at Dolphin.

[illegible] Jones and Courtney Mann [illegible] to Danville to sell tobac[illegible]

[illegible] Mr. Arthur Mullin spent [illegible] relatives in Richmond. [illegible] visitors in the home of [illegible]

Vernie Jones were Mrs. Tom Layne, and son, Len, and Mr. and Mrs. William Scott and Mr. Lawrence Wood.

Vera

Vera, Oct. 21.- "And be ye kind one to another, tender - hearted, forgiving one another, even as God for Christ's sake hath forgiven you." -Eph. 4:32.

This weather makes us think that winter is approaching.

Miss Marguerite Gilliam visited in the home of Mr. and Mrs. T. C. Harvey on Sunday.

Miss Harriette Harvey spent the week-end in the home of Mr. and Mrs. Richard Carson.

Mr. Joel Coleman celebated his 96th birthday on Sunday. We wish for him many happy returns.

Miss Harriette Harvey modeled in the review of fashions at the Farm Show in Lynchburg and won the 2nd prize.

Mr. and Mrs. T. C .Harvey and Harriette visited in the home of Mr. and Mrs .L. H. Watson on Sunday.

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THE BIBLE SPEAKS

International Uniform Sunday School Lessons

BY DR. KENNETH J. FOREMAN

Bible Material: Acts 4:1-31.
Devotional Reading: I Peter 5:6-11.

Brave Men

Lesson for October 25, 1959

CHRISTIANS have always had a tradition of courage. But there is a special quality about Christian courage that gives it distinction.

Two of the original Apostles, Peter and John, demonstrated a specially Christian variety of bravery when they bearded the Sanhedrin. The experience would have frightened almost any one. The men whom Peter and John faced at their trial were the very same who had "legally" murdered Jesus only a few weeks before this time. The Sanhedrin was a combination of Pope, Supreme Court and Cabinet. They were the supreme authority in the land. They could get people killed. Nobody would think of "bucking" them. Yet Peter and John did exactly that.

Dr. Foreman

There Is One Higher

One special feature of Christian courage is that it is not frightened by high authority. When asked how he managed to have the nerve to defy Hitler, Martin Niemoeller (who had been a naval officer under Hitler) said, "It was simple. I had a higher Fuehrer, a higher Leader." Christians always know that above every human, earthly authority they have an allegiance to the All-Highest. They may realize that human authorities can make it very unpleasant for them; but that makes no difference.

Take the case of Ambrose, a bishop of Milan nearly seventeen centuries ago. Emperor Theodosius appeared one morning at the bishop's church, expecting the red-carpet treatment as usual. But not this time. For Ambrose was at the door and would not let the emperor in. Theodosius as emperor had just been in a war. Ambrose was not a pacifist, but he knew that his royal highness Theodosius had slaughtered over 7,000 people in the city of Thessalonica, — most of whom were non-combatants. That was a war-crime, Bishop Ambrose pointed out. It was like the slaughters of old King David. "And you must do penance as David did," he said, "or I will never admit you to my church." The emperor could have killed Ambrose; he had killed many for less; but Ambroses courage conquered him. He actually did public penance, too, and there were no more slaughters of the innocent.

Two Thousand Tumults

"I have put down two thousand tumults," said another Christian preacher, at the close of his life which had been packed with narrow escapes. His name was John Calvin. Starting out as a student and writer, a shy sort of scholar, he had been drafted into becoming a virtual dictator of a city that needed a dictator if one ever did. The city threw him out, but before long they discovered they could not get along without him, and persuaded him to return. He had a different kind of courage, the courage needed by a man in authority, in high position.

Against Madness

If one kind of Christian courage is to stand up against higher authority in the name of the Highest, if another kind is to stand against the crowd for what a man knows to be right, there is a third kind of Christian courage which is needed sometimes. It is often a losing kind, at the time, but it is thrilling all the same. A roaring Chinese mob, one day at the beginning of this century, all with murder in their hearts and knives in their hands, surrounded a missionary named Horace Pitkin. "Have you anything to say before we kill you?" they screamed. "Yes," said he. "Tell my son to come out to China and take my place." Now emperors can be persuaded, and crowds can be controlled; but a mob with the taste of blood is simply mad; and with madness there is no argument. So they cut Pitkin to pieces. Yet even this seemingly hopeless courage had its reward. When Horace Pitkin's son went out to take his father's place, as he did, he found, as one of his first converts, a man who as a boy had watched that missionary die. "From that moment," this Chinese said, "I wanted to know more about the religion of a man who would not be afraid."

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Play safe — drive carefully.

Beckham

Beckham, Oct. 21.- Mr. Guy Stanley, of Winchester, and daughter, Janet, of Longwood College, visited Mr .and Mrs. L .E. Martin on Saturday and attended services at Trinity Church on Sunday.

Mr .and Mrs. Abner Martin, Phil and Patricia, of Richmond spent Saturday night with Mrs. T. M. Martin and Miss Eunice Martin.

Mr. and Mrs. M. G. Martin, Barbara Martin, Mr. and Mrs. Allen Moore and daughter, Mr. and Mrs. Herbert Moore, Jr. and family visited Mr. and Mrs. Larry Yeattes and family, of Creve, on Sunday.

Mrs. Luna Bell, Mr. Clay Bell, Mr. Alvin Bell, Mr. and Mrs. M. G. Martin Jr., and girls, and Mr. and Mrs. Fletcher Burge Jr., Judy and Rickey were Sunday dinner guests of Mr. and Mrs. Glaude Gordan, of Lynchburg.

Mr. and Mrs. H. O. Martin, Mr. and Mrs. H. R. Moore, Mrs. T. M. Martin, Miss Eunice Martin, Mr. and Mrs. S. G. Martin, Mr. and Mrs. Robert J. Morris, Ronnie and Carolyn Jo joined other members of Mrs. T. M. Martin's family at the home of Mr. and Mrs. Juuson Morris in Appomattox for a picnic on the lawn on last Sunday. Rev. Aaron Smith and Miss Carolyn Dawn were also present.

Miss June Waller visited her sister, Mrs. H. P. Pleasants, of Gladstone Sunday.

Mrs. Mary Burge, Paul Burge, Mrs. Angelo Marino, Michael, and Laura Virginia visited Mrs. J .A. Hesson Sunday afternoon.

Mrs. Mary Burge and Wallace Burge went with Mr. and Mrs .Henry Burge to Gordonsville on Tuesday to take Mrs. J. D. Ryon to her home there.

Mr. Paul Burge, Mrs. Mary Burge and Miss June Waller visited Mr. and Mrs. Hal Moore on Saturday night.

Miss Gloria Martin and Miss Linda Moore went with a group to Peaks of Otter on Saturday.

Mr .and Mrs. Herman Moore Jr., Dorothy Jaue, Dianne, and Miss Elizabeth Mallory were the Sunday supper guests of Mr. and Mrs. Herman Moore.

Play safe — drive carefully.

RICHWOOD

Richwood, Oct .20.- "He that refuseth instruction despiseth his own soul. But he that heareth reproof getteth understanding."

—Proverb.

Mr. and Mrs. W. F. Woodall, of Lynchburg and Mr .H. W. Marsh visited Sunday with Mr. and Mrs. D. A. Pugh and Mr. G. T. Marsh.

G. P. Brannan was in Lynchburg on business Monday.

Mr. L. M. Ferguson and daughters called in the homes of Mr. and Mrs. G. P. Brannan and Mr. and Mrs. T .T. Wooldridge Saturday morning.

Mr. and Mrs. Robert Hunter and family, of Marion, Va., visited over the week-end with Mr .and Mrs. Walter Hunter and family.

Mr .and Mrs. D .A. Pugh were in Lynchburg last Thursday on business.

Mrs. G .P. Brannan and daughters, Val and Georgie Belle were the dinner guests Sunday of Mr. and Mrs. T. T. Wooldridge.

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